

We welcome our new BOF CEO, Peter Hart, who takes up his post on 1<sup>st</sup> February (see SWOA news too).

Good luck to everyone who's running in the JK over Easter. The April edition of SINS will not appear until after the JK.

Congratulations to the 2018 British Night Champions from the SW: Clive Hallett BOK; John Parfitt BOK; Alice Bedwell BOK; Jackie Hallett BOK; Charlotte Thornton SARUM.

SWOA has its next committee meeting on Wednesday 7<sup>th</sup> March 2018, in Taunton.

Please send news of your training courses, publicity for future events, and anything else from clubs that needs to be seen across the region, to :

christine.vince2@btinternet.com

Christine Vince KERNO

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## **Courses**

### **Grade C Controllers' course**

*BOK is running a Grade C controllers' course in May - preliminary details so far:*

*Date: Saturday 12 May 2018*

*Timings: 0930 to 1630*

*Location: 19 Bramble Drive, Bristol BS9 1RE*

*Refreshments: Lunch, tea , coffee provided.*

*Tutor: Mark Dyer BOK, Grade A controller*

*Contact: Mark Dyer [family.dyer@blueyonder.co.uk](mailto:family.dyer@blueyonder.co.uk) or BOK website*

*More details will be available later. Numbers are limited.*

*Overnight accommodation available if necessary.*

## Colour Coded Awards

To qualify you must be within the first 50% of all starters or within 1½ times the winner's time in the results on the same colour course, 3 times in any 2 years.

For WHITE courses you only need to complete the course 3 times.

STRING COURSE (PURPLE) is for any young person who does not already hold any other colour award, and who has completed 3 string courses.

To obtain a colour coded badge award please let me have the 3 dates on which you qualified (anywhere in Britain). Badges cost £1.50 for Juniors (20 & under) or £2.50 for Seniors (21 & over) – please note the change in price, as SWOA has ordered some new badges (these prices are subsidised by SWOA). If applying by post, please make cheques payable to SWOA and enclose a stamped addressed envelope. My address is: 34, Westfield House, Cote Lane, Bristol BS9 3TJ. Sorry no E-mail.

Anne Donnell BOK

## SWOA News

Our new BOF CEO, Peter Hart, will be visiting the next SWOA committee meeting on Wednesday 7th March 2018, in Taunton. He would like to meet with us all to hear our views, discuss local Club and Association issues and to understand our region. Clubs are urged to send their representatives to this meeting to meet Peter, and to make their views known (club secretaries already have this invitation).

### British Sprint and Middle Championships 2018

SWOA is hosting the **British Sprint and Middle Championships** on 1<sup>st</sup> and 2<sup>nd</sup> September this year. The Sprints will be at Bath University and the Middles will be at Stockhill.

Preparations are well underway; however, if you would like to volunteer for these prestigious events, please contact the Sprints day organiser, Alan Honey, the Middles organiser Liz Yeadon or the coordinator Christine Vince.

### JK 2021

**JK 2021** is coming to the SW in less than four years' time! It is being staged down in Cornwall, and we are fortunate that we have already found the planners for all four days. We will need Day Organisers plus a number of Team Leaders so, if you are interested, please contact Christine Vince or Roger Hargreaves on [rogerh9999@hotmail.co.uk](mailto:rogerh9999@hotmail.co.uk).

## **SWJOS Review of 2017**

*By Pete Maliphant and Dave Hanstock*

The South West Junior Squad provides a focus and a series of training activities for developing junior talent within the South West. Athletes from BOK, Devon, NGOC and Wimborne make up the current squad. Over the past year, the achievements of current and recent SWJOS members have been very impressive, so we thought it worth sharing these with all the SWOA clubs.

### **Squad Training**

Most training takes place during September-March aimed at achieving peak performances in the main Championship and selection races in March, April and May.

2017 began with a one-day session at Ashton Court, followed by a weekend comprising a track session in Exeter, training on Dartmoor and a race at Polly Joke. For our Christmas Weekend, technical training at Ham Hill was followed by a trip to the QO Galoppen. In January we had a training day on Cannop Ponds, followed by a residential weekend at Penhale in mid-February.

The squad then headed into the big races last Spring, with the following notable results:

### **Northern Orienteering Championships at Bigland - February**

Oliver Tonge, Jim Bailey and Joe Hudd set the tone for the rest of the season with a clean sweep - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in M14. Guy Owen 2<sup>nd</sup> M12, Eddie Narbett 3<sup>rd</sup> M18, Cecilie Andersen 2<sup>nd</sup> in W20E.

### **Midland Championship weekend - March**

A special junior sprint selection event was held at Warwick University. Cecilie Andersen and Chloe Potter finished 1<sup>st</sup> and 4<sup>th</sup> and Eddie Narbett came 10<sup>th</sup> on the men's course. Next day at the Midland Championships at Bentley Wood, Jim Bailey, Joe Hudd and Oliver Tonge finished 1-2-3 again in M14, Eddie Narbett and Zac Hudd were 5<sup>th</sup> and 6<sup>th</sup> on M18E, Chloe and Cecilie were 2<sup>nd</sup> and 3<sup>rd</sup> in W20E.

### **England Team for Interland in the Ardennes - April**

Interland is held annually against teams from France, Belgium and the Netherlands. Jim Bailey and Oliver Tonge made their international debut in 2017 and helped the England team to victory, coming 3<sup>rd</sup> and 5<sup>th</sup> in M14.

### **JK Weekend - April**

In the JK Sprint at Brunel University, Oliver Tonge and Jim Bailey continued their fine form with 1<sup>st</sup> and 2<sup>nd</sup> in M14. Cecilie Andersen was 3<sup>rd</sup> British competitor on W20E. JK Days 2 and 3 were held in the Guildford area. Chloe Potter took the

victory in W20E, which helped her selection for the Junior World Orienteering Championships. Oliver Tonge was 2<sup>nd</sup> on M14.

### **World Schools Orienteering Champs in Sicily - April**

The World Schools Orienteering Champs, with competitors from 27 countries, consists of Long Distance and Middle Distance races, plus a Friendship relay with mixed international teams. SWJOS members Jim Bailey and Flurry Grierson were selected, with Flurry finishing a superb 2<sup>nd</sup> in the Middle Distance race.

### **British Long Champs at High Dam - May**

Eddie Narbett came 2<sup>nd</sup> on M18E, Cecilie Andersen and Chloe Potter 3<sup>rd</sup> and 6<sup>th</sup> on W20E, Jim Bailey and Oliver Tonge 2<sup>nd</sup> and 5<sup>th</sup> in M14. There were also top 12 results for Michael Hallett M20E, Lucy Tonge W18E and Edith Stagg W14.

### **Junior World Orienteering Champs in Finland - July**

Cecilie Andersen, targeting the sprint race, came a superb 20th out of 150, less than 90 seconds down on the winner. Chloe Potter finished a creditable 52<sup>nd</sup>. Cecilie and Chloe were 34<sup>th</sup> and 71<sup>st</sup> in the Long final and they also ran together in the relay with their GB team coming in 23<sup>rd</sup> place. Overall the GB team achieved a respectable 6<sup>th</sup> place.

Chloe, Eddie and Zac were also selected for the GB team at the Junior European Cup in Austria, where Eddie finished an outstanding 6<sup>th</sup> in the Sprint, only 45 seconds down on the winner.

### **Junior Regional Orienteering Squads (JROS) Summer Camps**

Based on selection races in Spring 2017, JROS selected athletes for four summer camps:

Oliver Tonge, Jim Bailey, Rebecca Ward, Lizzie Horsler and ex-SWJOS Joe Hudd were selected for the Lagganlia training camp held near Aviemore, for the top 24 M/W14s.

Sarah Horsler was selected for the Deeside camp near Aberdeen for top M/W16 athletes.

Lucy Tonge, Harry McMurtrie and ex-SWJOS Zac Hudd were selected for the Stockholm training camp, which uses the OK Ravinen club hut and is aimed at the top 15-20 M/W17s.

There is also the Gothenburg training camp for M/W18s and M/W20s.

### **Summer International Events**

Eddie Narbett achieved a top 20 result at the Swedish O-Ringen in the highly competitive M18 course, whilst Cecilie Andersen and Chloe Potter were 4<sup>th</sup> and 6<sup>th</sup> in the Women's Elite Middle Distance race at the Canadian Championships.

### **Scottish 6 Days in Deeside - August**

Notable performances included Joe Hudd, Jim and Oliver, 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> on M14, Eddie Narbett a very respectable 7<sup>th</sup> on M18 and top 15 results from Michael Hallett M20, Lucy Tonge W18 and Ruby Owen W14.

### **Junior Inter Regional Championships - September**

The pinnacle of the Regional Squads' competitive season is the Junior Inter Regional Championships, this year held near Guildford, with teams of 24 (4 each of M/W14, M/W16 & M/W18) from each region. Scotland has the strongest squad by far (well, they are a country ...!) but the South West team achieved an excellent 4<sup>th</sup>, very close behind the North West and Yorkshire squads.

The South West won the Boys Relay, with Jim Bailey, Flurry Grierson and Eddie Narbett delivering a convincing victory. A fitting climax to Eddie's time with the squad.

### **British Sprint and Middle Distance Championships - September**

As the new season started, there were some further excellent results at the British Sprint and Middle Championships. Jim Bailey won the M14 Sprint, with Joe and Oliver 2<sup>nd</sup> and 3<sup>rd</sup> again. Cecilie Andersen, running up as W21E, came a brilliant 6<sup>th</sup>.

The Middle Championships were held at a rather damp Wendover Woods. There were victories for Cecilie Andersen (W20) and Jim Bailey. Other podium positions went to Oliver Tonge (2<sup>nd</sup> M14) and Lucy Tonge (2<sup>nd</sup> W18), with Michael Hallett 4<sup>th</sup> M20 and Millie Stagg 5<sup>th</sup> W18.

### **England Team at Junior Home Internationals (JHI) - October**

Jim, Oliver, Joe, Lucy and Eddie were all selected for the England JHI team. For the relay, SWJOS filled all the boys' first team with our JIRCs winning team of Jim, Flurry Grierson and Eddie delivering an excellent 4<sup>th</sup> place to help England achieve a slim victory over Scotland.

### **Southern Championships - November**

Jim Bailey won M14 once again, with podium positions going to Tom Perry (2<sup>nd</sup> M14), Rebecca Ward (3<sup>rd</sup> W14), Jack Forrest (2<sup>nd</sup> M16), Sarah Horsler (1<sup>st</sup> W16), Harry Fox, Harry McMurtrie and Dominic Walker (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> M18).

Meanwhile, SWJOS got back into training for the 2018 season peak: We held a two-day training camp on Dartmoor after the Compass Sport Cup Final, followed by a day at Cannop Ponds and the Christmas weekend in the Forest of Dean. This ended with a run at the BOK Galoppen, where SWJOS Juniors filled 5 of the top 7 places on Light Green and 7 of the Green top 10.

The South-West is fortunate to have a very talented set of juniors, who much appreciate all the support they receive from parents, friends and coaches. We expect 2018 will bring further successes SWOA Juniors.

The South West Junior Orienteering Squad comprises juniors and coaches/adult helpers from all over the SWOA region. The squad is led by Jeff Butt (SARUM) and Pete Maliphant (BOK), with the help of many parents and other coaches.

SWJOS provides development opportunities for junior athletes who are usually bottom year M/W14 or older, willing to and able to travel widely for their orienteering and keen to progress beyond Light Green courses, club and local races, to compete in major races nationally and progress towards the British Orienteering Talent Development Programme.

If you have anyone in your club who would like to find out more, or come along to a SWJOS 'taster session' please do contact any of the SWJOS families, Jeff Butt (SARUM) or me.

*And a report from Peter Grierson on what Flurry has been up to since being selected for the GB Talent Squad last year:*

He has attended four training camps the first being at Edinburgh University in November, where the Squad looked at planning and Sports Science issues such as nutrition. He went to two camps that addressed technical skills: December in Malham in North Yorkshire and in January in the Lake District. Also in January he underwent a VO2 Max assessment at Sheffield Hallam University where they measured how much oxygen was flowing through his blood to his muscles, whilst running on a treadmill. This (as you may know) measures the size of the 'engine'. Flurry's measurement was the best of the entire talent squad. This does not mean he can beat the whole Squad but that he has the potential to be faster than the entire Squad. As we were in the area he competed in the East Midlands Champs, which he won.

Over the half term he spent a week at Badaguish in the Cairngorms for 7 days. It was very snowy and he saw a capercaillie. The week was 'race preparation'. He did very well every day beating his Squad members in his age category and older members. On Saturday there was an event at Darnaway, which you may recall was part of the World Orienteering year at the Scottish 6 Days. He beat everyone in the Squad except for Alex Carcas, who beat him by 40 seconds.

As you can imagine he is having a great time.

## **An Unhappy Ending!?**

*The following appeared in CompassSport Magazine Vol.38/2 APR17:*

*The day after BNOC the Northern Championships were held on Bigland. Richard Tiley LOC Chair & day Organiser sent round the following mail to all competitors on the Monday...*

I would like to make people aware of an incident at the end of the day on Sunday. The Duddon & Furness Mountain Rescue Team (DFMRT) had been in attendance all day and I said goodbye to them after the prize-giving at 3pm. While clearing the site at around 4pm I came across what was obviously an orienteer's car without any occupant. By this time the weather was vile with high winds and sheeting rain.

I called the police who gave me the name of the registered owner, and an orienteer of that name is known to be a diabetic. Frantic calls were made to the computer team who had previously declared all competitors off the hill. DFMRT were again contacted by a second call to the police. The team leader returned to site having returned home and a team from DFMRT were put on alert. The computer team reported back that there was no record of the car owner entering the event.

I was now considering what to say when I was later invited to the Coroners Court.

A further peering through the cars windows identified an event map and possibly a set of keys. The "best" scenario was that someone had locked themselves out of the car and had hitched a lift back home to pick up a spare set of keys. Without any clear idea of where to search for a body, DFMRT were stood down and team leader departed.

I was finishing collecting rubbish bags when a car drove onto site, the spare keys having been brought to the Lakes whilst the competitor sat in a local hostelry. I then phoned around police, DFMRT and Lakeland members to advise of the "happy" ending. It transpired that the competitor is "known by" a different name to his given name, hence the problem the computer team had in identifying whether the competitor had finished and was safely off the hill.

So if you are involved in a similar situation in the future, even if you have just gone for a walk after an event, please leave a notice on your car windscreen. Think of the organiser's nerves.

## Events

4<sup>th</sup> March – SARUM Saunter, Great Ridge

11<sup>th</sup> March – QO CompassSport Cup/Trophy Heats, Triscombe Stone

18<sup>th</sup> March – KERNO Forest League, Penhale

25<sup>th</sup> March – DEVON Moorland League, Fernworthy

### **JK 2018**

Friday 30<sup>th</sup> March – Monday 2<sup>nd</sup> April

MOD Stafford, Brereton Spurs and Beaudesert

8<sup>th</sup> April – QO Galoppen and Yvette Baker Trophy Heat, St Audries

15<sup>th</sup> April – DEVON Moorland League, Ashclyst Forest

22<sup>nd</sup> April – BOK Regional, Black Down

29<sup>th</sup> April – KERNO Galoppen, Davidstow

29<sup>th</sup> April – NGOC League, Chalford

5<sup>th</sup> May – NGOC Urban, Ross-on-Wye

## **SWOA OFFICIALS**

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Vacant

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The views expressed in SINS are not necessarily those of the Editor, contributors or the South West Orienteering Association